

ABSTRACT

An apparatus that moves a jumping element. The apparatus includes a motorized hub that is attached to a housing. The hub can rotate a jumping element, such as a jump rope, about a horizontal axis and/or a vertical axis. The hub is connected to a motor. The speed of the motor is controlled by a variable speed regulator. A player can select a motor speed through activation of a button on the apparatus. The apparatus includes one or more indicators that provide an indication of the selected motor speed.